

Preventive Care Checklist

Use this as a guide and discuss your individual preventive care needs with your doctor.

Test	Last Test Date and Result	Date Due
For Both Men and Women		
Cholesterol Check – Baseline as early as age 20 and every 5 years thereafter; Shorter intervals if lipid tests warrant therapy and longer intervals for those not at increased risk. Preferred screening test includes total cholesterol and HDL-C. Risk factors include diabetes, prior or family history of heart or vascular disease, tobacco use, hypertension, and obesity.		
Blood Pressure Check – Every 2 years for persons with blood pressures less than 120/80, or at every doctor visit. Annually for blood pressures between 120-139/80-90. High blood pressure is defined as 140/90 or greater.		
Colorectal Cancer – For adults age 50 to 75, high-sensitivity fecal occult blood test (FOBT) annually, or sigmoidoscopy every 5 years with FOBT every 3 years, or colonoscopy every 10 years.		
Height, Weight, Body Mass Index Assessment – Annually		
Diabetes Test (blood sugar) – Every 3 years, especially for adults with treated or untreated blood pressures over 135/80.		
Depression Screening – Based on risk factors and resource availability. Consult with your physician.		
Sexually Transmitted Disease Screening – If sexually active, discuss recommended screenings with your doctor.		
Osteoporosis Screening – Bone density test at age 65; Earlier if risk factors present and especially if thin or small-boned.		
Immunizations – If over age 50 or at risk (or if traveling), discuss the need for influenza or pneumonia immunizations with your doctor.		
Tests for Women Only		
Mammogram – Every 1-2 years over age 40; More frequently and earlier depending on family history or other identified risks. Consult your doctor for more intensive screening if warranted.		
Pap Test – Every 1-3 years if over age 21 or if sexually active, depending on risk factors; More frequent screening if previous abnormal test		
Chlamydia Screening – Age 24 years; Younger, if sexually active. Test regardless of age if new or multiple sexual partners, sexual partner with history of multiple partners, prior history of a sexually transmitted disease, and if pregnant.		
Tests for Men Only		
Prostate Cancer Screening – Discuss benefits and risks with your doctor.		
Use the space below for any additional tests recommended by your doctor		

The Preventive Care Checklist contains recommendations developed by the U.S. Preventive Services Task Force. There may not be a consensus opinion on the current recommendations, so you should discuss the best preventive approach with your physician. Please check the Agency for Healthcare Research and Quality (AHRQ) Web site (www.ahrq.gov/clinic/pocketgd.htm) for any important updates to these recommendations.